



Patient  
Information  
Forum



## PIF TICK directory

Your guide to producers of  
trusted health information

**February 2025**

Next update: August 2025



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## Your guide to trusted health information

Trusted health information helps people play a more active role in their health.

**"Health information should be easy to understand, be available and reliable for everyone."**

The PIF TICK is the only independently assessed quality mark for print and online health information.

It is operated by the Patient Information Forum (PIF), a charity set up more than 25 years ago to develop best practice in health information.

Certified PIF TICK information creators have an annual assessment proving they meet 10 criteria. This ensures information is evidence-based, easy-to-understand and meets people's needs.



**Dr Knut Schroeder**  
GP and founder of PIF TICK certified  
Expert Self Care



**Dr Nighat Arif**  
GP, PIF TICK certified Ambassador,  
Broadcaster and Information  
Creator

**"The PIF TICK makes it easy to spot certified producers of reliable health information."**

This directory is a quick and easy way to find certified PIF TICK creators. It is updated every six months.

### Look for the PIF TICK

Everyone can use the PIF TICK. Look for the PIF TICK to find trustworthy health information and avoid misinformation.

To find out more visit: [piftick.org.uk](https://piftick.org.uk)



## PIF TICK certified organisations

More than 180 organisations have joined the PIF TICK to help the public find trusted health information. More than 150 have completed the robust assessment and can display the PIF TICK logo on their information. They are part of the solution to health misinformation.





## PIF TICK certified organisations (continued)



## National and international recognition for PIF TICK

NHS England, the Academy of Medical Royal Colleges (AoMRC) and YouTube Health use the PIF TICK criteria as the basis for their own self assessed content standards.

Trip Database, Healthinote and Health and Care Innovations (HCI) video library use the PIF TICK as a marker of information quality.

"Any organisation meeting the thorough requirements of the PIF TICK could easily and perhaps automatically meet these requirements."

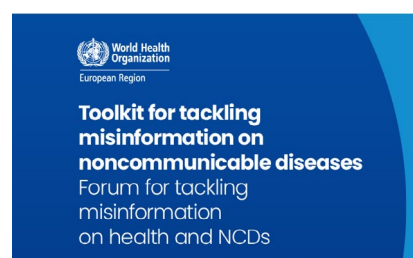
**Academy of Medical Royal Colleges**

9 in 11 winners of the British Medical Association's Health Information Awards 2024 were PIF TICK certified.

The overall winner was PIF TICK founding member Marie Curie.

The World Health Organization misinformation toolkit features PIF TICK as a case study:

[who.int/europe/publications/i/item/WHO-EURO-2022-6260-46025-66542](https://who.int/europe/publications/i/item/WHO-EURO-2022-6260-46025-66542)



## Meet the new PIF TICK ambassadors

Two PIF TICK ambassadors are helping to raise public awareness of the scheme.

GPs Dr Nighat Arif and Dr Aziza Sesay, who both have high public profiles, are the first creators to be chosen as ambassadors.

Dr Nighat is recognised for her work raising awareness of women's health. She is a bestselling author, medical broadcaster, online content creator and honorary fellow of the Royal College of Obstetrics and Gynaecology.

Dr Aziza is vice chair of Black Female Doctors UK and serves as an ambassador for multiple health charities. She runs "Talks with Dr. Sesay" – a platform sharing evidence-based health information, with a focus on women's health, cancer awareness, mental health and health inequity. She has been recognised for her work addressing health inequalities.

Both ambassadors will support PIF's mission to help everyone access health information they can understand and use.



## PIF TICK certified individuals

Individual PIF TICK creators produce accessible and evidence-based information. They are part of the solution to health misinformation.

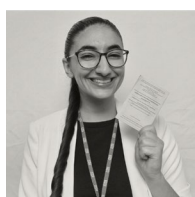
### Certified individuals



**Dr Nighat Arif**  
General Practitioner,  
Medical Broadcaster,  
Video Content Creator

[Linktree](#)

A GP specialising in women's health, working with the BBC and ITV. A content creator with YouTube Health and the WHO Fides network. Author of The Knowledge, a best-selling book on women's health.



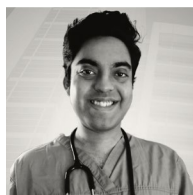
**Virginia Chachati**  
Pharmacist, Medical  
Writer, Social Media and  
Video Content Creator

[Linktree](#)

Health information videos. NHS.UK evidence checker. Video coach and digital course creator. Member of CHAIN and WHO Fides network. Founder of Write Clinic.

## PIF TICK certified individuals (continued)

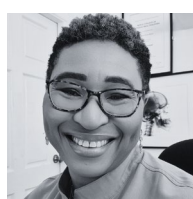
### Certified individuals



**Dr Azmain Chowdhury**  
Doctor, Social Media and  
Video Content Creator

[Linktree](#)

Video content creator on YouTube and other channels. Passionate about making health education fun! Member of CHAIN and WHO Fides network.



**Dr Sylvia Kama-Kieghe**  
General Practitioner,  
Video Content Creator

[Website](#)

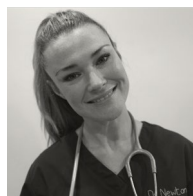
At Askawayhealth.org, our priority is to provide the most effective and relatable information to help you reach your health goals.



**Gaynor Leech**  
Patient Advocate

[Website](#)

Promoting emotional wellness, lymphatic health and self-care for those living with lymphoedema.



**Dr Sophie Newton**  
GP, Social Media and  
Video Content Creator

[Linktree](#)

Evidence-based guidance on conditions through YouTube videos to support patient self-care and clinician efficiency.



**Dr Liz O'Riordan**  
Doctor, Social Media and  
Video Content Creator

[Linktree](#)

A breast surgeon with breast cancer. My aim is to help you understand everything you need to know about breast cancer.



**Dr Aziza Sesay**  
GP, Host, Speaker,  
Educator, Social Media,  
Video Content Creator

[Website](#)

A GP sharing evidence-based health information. Vice Chair and Creative Director of Black Female Doctors UK. Member of the WHO Fides group and YouTube Health Partner Programme.



## PIF TICK certified organisation by health topic

This directory is updated every six months. Certified creators are also added to the PIF TICK website monthly: [piftick.org.uk/members/tick-members](https://piftick.org.uk/members/tick-members).

### Allergies



**Allergy UK**  
[allergyuk.org](https://allergyuk.org)

Allergy UK is the leading national charity providing support for people living with all kinds of allergic disease.



**Anaphylaxis UK**  
[anaphylaxis.org.uk](https://anaphylaxis.org.uk)

Support and information for people with serious allergies, their families, healthcare, businesses and schools.

### Bereavement support



**Marie Curie**  
[mariecurie.org.uk](https://mariecurie.org.uk)

Marie Curie is the UK's leading end-of-life charity.

### Blood



**Anthony Nolan**  
[anthonymolan.org](https://anthonymolan.org)

A charity providing information and support to patients and their families going through a stem cell transplant or CAR T-cell therapy.



**Terrence Higgins Trust**  
[tth.org.uk](https://tth.org.uk)

The UK's leading HIV and sexual health charity, supporting people living with HIV and improving sexual health.



**WMUK**  
[wmuk.org.uk](https://wmuk.org.uk)

The only charity in the UK focused solely on Waldenstrom's macroglobulinaemia (WM), a rare type of blood cancer.

## Brain and nervous system



**Brainstrust**  
[brainstrust.org.uk](https://brainstrust.org.uk)

Personalised support and resources to help people with a brain tumour and their loved ones live the life they want after diagnosis.



**Cerebra**  
[cerebra.org.uk](https://cerebra.org.uk)

Offering services that enrich the lives of children with brain conditions and support their families and carers.



**Chest Heart & Stroke  
Scotland**  
[chss.org.uk](https://chss.org.uk)

Scottish health charity supporting people with chest, heart and stroke conditions and Long Covid live life to the full.



**Encephalitis International**  
[encephalitis.info](https://encephalitis.info)

A global resource for people affected directly or indirectly by encephalitis, an inflammation of the brain.



**Epilepsy Action**  
[epilepsy.org.uk](https://epilepsy.org.uk)

Improving the lives of everyone affected by epilepsy through raising awareness and providing information and support.



**Meningitis Now**  
[meningitisnow.org](https://meningitisnow.org)

The UK's largest meningitis charity offering support, funding research, and raising awareness.



**Mikaere Foundation**  
[mikaerefoundation.org](https://mikaerefoundation.org)

Supporting children living with Nonketotic Hyperglycinemia (NKH), a rare and terminal neurometabolic disorder.



**The Migraine Trust**  
[migrainetrust.org](https://migrainetrust.org)

Information about migraine and its management is available via its website, support service and events.



**Motor Neurone Disease  
Association (MND)**  
[mndassociation.org](https://mndassociation.org)

Providing help to people with motor neurone disease (MND), their families and carers.



**Multiple System Atrophy  
(MSA) Trust**  
[msatrust.org.uk](https://msatrust.org.uk)

Support for people affected by MSA, including email and telephone support and regional support groups.

## Brain and nervous system (continued)



**MS Society**  
[mssociety.org.uk](https://mssociety.org.uk)

Information and support for anyone affected by multiple sclerosis (MS), including information for carers.



**Neurotastic**  
[neurotastic.org.uk](https://neurotastic.org.uk)

A charity for children with complex neurodevelopmental conditions and their families.



**Parkinson's UK**  
[parkinsons.org.uk](https://parkinsons.org.uk)

Parkinson's UK supports people living with Parkinson's, their family, friends and carers, and funds vital research.



**Pituitary Foundation**  
[pituitary.org.uk](https://pituitary.org.uk)

UK patient support organisation offering expert medical support and information on a range of diseases.



**PoTS UK**  
[potsuk.org](https://potsuk.org)

Help and support for those affected by postural tachycardia syndrome, including information for healthcare professionals.



**Spinal Muscular Atrophy (SMA) UK**  
[smauk.org.uk](https://smauk.org.uk)

Information about Spinal Muscular Atrophy (SMA) care, management, treatments and daily living, alongside support.



**Young Epilepsy**  
[youngepilepsy.org.uk](https://youngepilepsy.org.uk)

Transforming the lives of children and young people with epilepsy.

## Cancers



**ALK Positive UK**  
[alkpositive.org.uk](https://alkpositive.org.uk)

A patient focus charity that supports, empowers and advocates for patients with ALK-positive lung cancer.



**Blood Cancer UK**  
[bloodcancer.org.uk](https://bloodcancer.org.uk)

Blood Cancer UK provides information and support to people with leukaemia, lymphoma, myeloma, MDS and MPNs.



**Bone Cancer Research Trust**  
[bcrt.org.uk](https://bcrt.org.uk)

A leading charity dedicated to saving lives and improving outcomes for primary bone cancer patients.

## Cancers (continued)



**Bowel Cancer UK**  
[bowelcanceruk.org.uk](http://bowelcanceruk.org.uk)

Information about bowel cancer including symptoms, diagnosis, treatment and living with and beyond the disease.



**Brainstrust**  
[brainstrust.org.uk](http://brainstrust.org.uk)

Personalised support and resources to help people with a brain tumour and their loved ones live the life they want after diagnosis.



**Breast Cancer Now**  
[breastcancernow.org](http://breastcancernow.org)

Information for anyone affected by breast cancer, including Moving Forward courses, support groups and a helpline.



**Breast Cancer UK**  
[breastcanceruk.org.uk](http://breastcanceruk.org.uk)

Practical advice to help everybody reduce their risk of breast cancer.



**Cancer Research UK**  
[cancerresearchuk.org](http://cancerresearchuk.org)

Practical information on everything from symptoms and screening, to coping after treatment, plus the latest treatment news.



**Children's Cancer and  
Leukaemia Group (CCLG)**  
[cclg.org.uk](http://cclg.org.uk)

Experts in childhood cancer, including information for patients, families and healthcare professionals.



**CoppaFeel!**  
[coppafeel.org](http://coppafeel.org)

The only breast cancer charity educating young people on the importance of checking your chest.



**Future Dreams**  
[futuredreams.org.uk](http://futuredreams.org.uk)

Providing practical and emotional support for those diagnosed with breast cancer.



**Grace Kelly Childhood  
Cancer Trust**  
[gkcct.org](http://gkcct.org)

Educational resources for parents and clinicians. Research and support for families affected by childhood cancer.



**Leukaemia Care**  
[leukaemiacare.org.uk](http://leukaemiacare.org.uk)

Leukaemia Care exists to improve the lives of everyone affected by leukaemia, MDS and MPNs.

## Cancers (continued)



**Lymphoma Action**  
[lymphoma-action.org.uk](http://lymphoma-action.org.uk)

Information on diagnosis, treatment and living with lymphoma, plus helpline services and online support groups.



**Macmillan**  
[macmillan.org.uk](http://macmillan.org.uk)

Information about all types of cancer, diagnosis, treatments and drugs, and advice on how to cope with the impact.



**Melanoma Focus**  
[melanomafocus.org](http://melanomafocus.org)

Providing resources, conferences and support to patients and professionals, as well as raising awareness of melanoma.



**Mesothelioma UK**  
[mesothelioma.uk.com](http://mesothelioma.uk.com)

Support for all UK mesothelioma patients and their families, including help with benefits and compensation.



**Myeloma UK**  
[myeloma.org.uk](http://myeloma.org.uk)

Information on options, treatment, care and living well with myeloma, plus specialist support.



**OcuMel**  
[ocumeluk.org](http://ocumeluk.org)

Providing support and information to anyone affected by ocular melanoma while raising awareness of this rare cancer.



**Ovacome**  
[ovacome.org.uk](http://ovacome.org.uk)

Ovacome offers patient information booklets on ovarian cancer symptoms, diagnosis and treatment.



**NHS Digital (National Disease Registry)**  
[digital.nhs.uk/services/national-disease-registration-service](http://digital.nhs.uk/services/national-disease-registration-service)

Data on cancer, rare diseases and congenital anomalies for use by the NHS, researchers and others including charities.



**Pancreatic Cancer Action**  
[pancreaticcanceraction.org](http://pancreaticcanceraction.org)

For people affected by pancreatic cancer including translated information, symptom awareness and the patient pathway.



**Penny Brohn UK**  
[pennybrohn.org.uk](http://pennybrohn.org.uk)

Helping people feel better in mind, body and spirit by offering everybody with cancer personalised cancer care.



## Cancers (continued)



### Prostate Cancer Research

[pccr.org.uk](http://pccr.org.uk)

Prostate Cancer Research funds research into Prostate Cancer and supports patients with the infopool: [theinfopool.co.uk](http://theinfopool.co.uk).



### Prostate Cancer UK

[prostatecanceruk.org](http://prostatecanceruk.org)

Information and support on the risks, signs and treatment options for those diagnosed with prostate cancer.



### Radiotherapy UK

[radiotherapy.org.uk](http://radiotherapy.org.uk)

Saving lives by ensuring everyone in the UK has access to high quality radiotherapy treatment and support.



### Sarcoma UK

[sarcoma.org.uk](http://sarcoma.org.uk)

Information for people affected by bone and soft tissue cancer, including how to get emotional and practical support.



### Solving Kids Cancer

[solvingkidscancer.org.uk](http://solvingkidscancer.org.uk)

Solving Kids Cancer is fighting for a future where no child dies of neuroblastoma or suffers due to the treatment they receive.



### Target Ovarian Cancer

[targetovariancancer.org.uk](http://targetovariancancer.org.uk)

Information and support on ovarian cancer, healthcare professional resources and life-saving research.



### Teenage Cancer Trust

[teenagecancertrust.org](http://teenagecancertrust.org)

Support from specialist nurses, youth support coordinators and tailored information for young people with cancer.

## Children and young people



**Cerebra**  
[cerebra.org.uk](https://cerebra.org.uk)

Offering services that enrich the lives of children with brain conditions and support their families and carers.



**The Congenital  
Diaphragmatic Hernia  
Support Charity  
(CDH UK)**  
[cdhuk.org.uk](https://cdhuk.org.uk)

CDH UK provides support and help to families affected by the medical condition Congenital Diaphragmatic Hernia (CDH).



**Children's Cancer and  
Leukaemia Group (CCLG)**  
[cclg.org.uk](https://cclg.org.uk)

Experts in childhood cancer, including information for patients, families and healthcare professionals.



**Children's Liver Disease  
Foundation**  
[childliverdisease.org](https://childliverdisease.org)

Fighting childhood liver disease by providing information, emotional support and research.



**EasyPeasy app**  
[easypeasyapp.com](https://easypeasyapp.com)

EasyPeasy is an app-based parenting programme for parents and carers of children from birth to five.



**ERIC The Children's  
Bowel & Bladder Charity**  
[eric.org.uk](https://eric.org.uk)

The UK's leading charity supporting all children and teenagers with a bowel or bladder problem.



**Grace Kelly Childhood  
Cancer Trust**  
[gkcct.org](https://gkcct.org)

Information resources for families affected by childhood cancer and educational resources for professionals.



**Little Hearts Matter**  
[lhm.org.uk](https://lhm.org.uk)

Specialises in support and information for anyone affected by the diagnosis of a congenital single ventricle heart condition.



**Mikaere Foundation**  
[mikaerefoundation.org](https://mikaerefoundation.org)

Supporting children living with Nonketotic Hyperglycinemia (NKH), a rare and terminal neurometabolic disorder.



**Neurotastic**  
[neurotastic.org.uk](https://neurotastic.org.uk)

A charity for children with complex neurodevelopmental conditions and their families.

## Children and young people (continued)



**Royal College of  
Anaesthetists**  
[rcoa.ac.uk](http://rcoa.ac.uk)

Information for adults and children on anaesthesia, preparing for surgery and risks associated with anaesthetics.



**Solving Kids Cancer**  
[solvingkidscancer.org.uk](http://solvingkidscancer.org.uk)

Solving Kids Cancer is fighting for a future where no child dies of neuroblastoma or suffers due to the treatment they receive.



**Teenage Cancer Trust**  
[teenagecancertrust.org](http://teenagecancertrust.org)

Support from specialist nurses, youth support coordinators and tailored information for young people with cancer.



**Young Epilepsy**  
[youngepilepsy.org.uk](http://youngepilepsy.org.uk)

Transforming the lives of children and young people with epilepsy.



**YoungMinds**  
[youngminds.org.uk](http://youngminds.org.uk)

YoungMinds is the UK's leading charity fighting for children and young people's mental health.

## Dementia and Alzheimer's



**Alzheimer's Research UK**  
[alzheimersresearchuk.org](http://alzheimersresearchuk.org)

Information about dementia, including translated materials and updates about dementia research.



**Alzheimer's Society**  
[alzheimers.org.uk](http://alzheimers.org.uk)

A vital source of support and a powerful force for change for everyone affected by dementia.

## Diabetes



**Diabetes Research and  
Wellness Foundation**  
[drwf.org.uk](http://drwf.org.uk)

Funding research in the UK and around the world to better understand diabetes and ultimately to find a cure.

## Ear, nose and throat



**ENT UK**  
[entuk.org](http://entuk.org)

The professional membership body representing ear, nose and throat surgery and head, neck and thyroid surgery.

## Eyes



**College of Optometrists**  
[college-optometrists.org](http://college-optometrists.org)

The latest news, research, advice and guidance on all the key optical topics.



**Glaucoma UK**  
[glaucoma.uk](http://glaucoma.uk)

Supporting people to live well with glaucoma and funding sight saving research.



**Macular Society**  
[macularsociety.org](http://macularsociety.org)

Information on macular disease, including diagnosis and treatments options and resources for healthcare professionals.



**OcuMel UK**  
[ocumeluk.org](http://ocumeluk.org)

Support and information for people affected by ocular melanoma while raising awareness of this rare eye cancer.



**RNIB**  
[rnib.org.uk](http://rnib.org.uk)

Support for anyone affected by sight loss, including information on a range of different eye conditions.

## General health



**British Dietetic  
Association**  
[bda.uk.com](http://bda.uk.com)

The British Dietetic Association (BDA) is the professional association and trade union for UK dietitians.



**British Nutrition  
Foundation**  
[nutrition.org.uk](http://nutrition.org.uk)

Impartial, evidence-based nutrition and health information to support people to adopt healthier diets and lifestyles.



**Bupa**  
[bupa.co.uk](http://bupa.co.uk)

Free information about a range of conditions, treatments and procedures, including a health information A to Z.



**Cognitant**  
[cognitant.com](http://cognitant.com)

Improving patient outcomes through personalised health information and experiences through the Healthinote platform.



**Concentric Health**  
[concentric.health](http://concentric.health)

Leading digital consent to treatment application, enabling clinicians to easily share personalised info with patients.



**Elite Sports Professional  
Services**  
[esps.london](http://esps.london)

Specialising exclusively in the treatment of sports-related musculoskeletal injuries and illnesses.



**Heathily**  
[liveheathily.com](http://liveheathily.com)

Answers to common health questions, symptom checkers, a health library and tips for self care.



**Karger Fast Facts**  
[karger.com/pages/fast-facts](http://karger.com/pages/fast-facts)

Concise information for patients about how their condition will affect them and where to look for further support.



**The Patients Association**  
[patients-association.org.uk](http://patients-association.org.uk)

Information on the healthcare system: accessing medical records, making a complaint and shared decision making.



**Pill in Your Pocket**

An open-access platform to support patients and healthcare professionals with medications through animated videos.



## General health (continued)



**Stickman  
Communications**  
[stickmancommunications  
.co.uk](http://stickmancommunications.co.uk)

Products which enable individuals with disabilities or medical conditions to create the accessibility they need.



**Talkhealth Partnership**  
[talkhealthpartnership.com](http://talkhealthpartnership.com)

An online health community supporting those with chronic conditions, offering education including support programmes.

## Genetic disorders



**Alkaptonuria (AKU)  
Society** [akusociety.org](http://akusociety.org)

Information on alkaptonuria, also known as AKU or black bone disease, for patients and healthcare professionals.



**Bardet-Biedl  
Syndrome UK (BBS UK)**  
[bbsuk.org.uk](http://bbsuk.org.uk)

The only registered charity supporting people with Bardet-Biedl syndrome, their families and carers in the UK.



**Cystic Fibrosis Trust**  
[cysticfibrosis.org.uk](http://cysticfibrosis.org.uk)

Improving the lives of all those affected by cystic fibrosis through information, support, campaigning and research.

## Guts and bladder



**Crohn's & Colitis UK**  
[crohnsandcolitis.org.uk](http://crohnsandcolitis.org.uk)

Information and support for people affected by Crohn's and ulcerative colitis and healthcare professionals treating them.



**Guts UK**  
[gutscharity.org.uk](http://gutscharity.org.uk)

Guts UK is the only UK charity funding research into the digestive system from top to tail; the gut, liver and pancreas.



**UK Paruresis Trust**  
[ukpt.org.uk](http://ukpt.org.uk)

Support and information for those with shy bladder syndrome, also known as psychogenic urinary retention, and as paruresis.

## Heart and lungs



**Asthma + Lung UK**  
[asthmaandlung.org.uk](https://asthmaandlung.org.uk)

The UK's leading lung charity, offering advice and support to people living with asthma and other lung conditions.



**British Heart Foundation**  
[bhf.org.uk](https://bhf.org.uk)

Information and support on heart and circulatory conditions for researchers, healthcare professionals and their patients.



**Chest Heart & Stroke  
Scotland**  
[chss.org.uk](https://chss.org.uk)

Scottish health charity supporting people with chest, heart and stroke conditions and Long Covid live life to the full.



**Little Hearts Matter**  
[lhm.org.uk](https://lhm.org.uk)

Specialises in support and information for anyone affected by the diagnosis of a congenital single ventricle heart condition.



**Mid Yorkshire Hospitals  
NHS Trust Respiratory  
project** [midyorks.nhs.uk/  
respiratory-medicine](https://midyorks.nhs.uk/respiratory-medicine)

All general respiratory services for patients, whether their condition is minor, manageable, chronic or life-threatening.



**Pulmonary Hypertension  
Association (PHA) UK**  
[phauk.org](https://phauk.org)

Information on tests and treatments for pulmonary hypertension, free resources, lifestyle pages and research news.

## Immune or autoimmune disease



**Lupus UK**  
[lupusuk.org.uk](https://lupusuk.org.uk)

The only national registered charity supporting people with systemic lupus and cutaneous lupus.



**Psoriasis Association**  
[psoriasis-association.org.uk](https://psoriasis-association.org.uk)

Information, advice and support for those whose lives are affected by psoriasis and psoriatic arthritis.



**Scleroderma and  
Raynaud's UK (SRUK)**  
[sruk.co.uk](https://sruk.co.uk)

SRUK provides information, support services and funds vital research into Scleroderma and Raynaud's.



**UKPIPS**  
[ukpips.org.uk](https://ukpips.org.uk)

Information and support for anyone living with or affected by a primary immune or antibody deficiency.

## Infectious disease



**Lyme Disease Action**  
[lymediseaseaction.org.uk](http://lymediseaseaction.org.uk)

Information on Lyme disease, advice on what to do if bitten by a tick and resources for healthcare professionals.

## Joints, bones and muscles



**Bone Cancer  
Research Trust**  
[bcrt.org.uk](http://bcrt.org.uk)

A leading charity dedicated to saving lives and improving outcomes for primary bone cancer patients.



**Muscular Dystrophy UK**  
[musculardystrophyuk.org](http://musculardystrophyuk.org)

Muscular Dystrophy UK is the leading charity for over 60 muscle wasting and weakening conditions.

## Kidney



**Kidney Care UK**  
[kidneycareuk.org](http://kidneycareuk.org)

Kidney Care UK is the UK's leading kidney patient support charity, making sure no one faces kidney disease alone.



**National Kidney  
Federation**  
[kidney.org.uk](http://kidney.org.uk)

We envision a future where every person has equal access to quality kidney care — from diagnosis to transplantation.



**Polycystic Kidney  
Disease (PKD) Charity**  
[pkdcharity.org.uk](http://pkdcharity.org.uk)

Information and support for people affected by polycystic kidney disease (PKD), plus the latest research news.

## Lymphoedema



**Lymphoedema Support  
Network (LSN)**  
[lymphoedema.org](http://lymphoedema.org)

Education and support for people living with or affected by lymphoedema, and information for healthcare professionals.

## Mental health



**Counselling Directory  
(Happiful)** [happiful.com](https://happiful.com)

Part of the Happiful family. Since 2005, more than 4.6 million people have found support through the resources.



**Inspired Minds**  
[inspiredminds.org.uk](https://inspiredminds.org.uk)

Inspired Minds is a mental health charity offering faith-and culturally-sensitive counselling and support services.



**Mind**  
[mind.org.uk](https://mind.org.uk)

Information and support for anyone living with a mental health problem.



**Rethink Mental Illness**  
[rethink.org](https://rethink.org)

Advice and information service, campaigning, training and services for people experiencing mental illness and carers.



**Royal College of  
Psychiatrists**  
[rcpsych.ac.uk](https://rcpsych.ac.uk)

The UK's professional body for psychiatrists, working to secure the best outcomes for people with mental illnesses.



**YoungMinds**  
[youngminds.org.uk](https://youngminds.org.uk)

YoungMinds is the UK's leading charity fighting for children and young people's mental health.

## NHS Trusts



**Guy's and St Thomas'  
NHS Foundation Trust**  
[guysandstthomas.nhs.uk](https://guysandstthomas.nhs.uk)

Easy-to-understand health information for people using the NHS Trust's hospital and community services.



**University Hospitals  
of Leicester**  
[leicestershospitals.nhs.uk](https://leicestershospitals.nhs.uk)

Information for patients, families and carers using hospitals in Leicester and Leicestershire to make informed choices.



**University College  
London Hospitals  
Cancer Services**  
[uclh.nhs.uk/our-services/find-service/cancer-services](https://uclh.nhs.uk/our-services/find-service/cancer-services)

Cancer Services at UCLH care for and support people with cancer and blood conditions.

## Older people



**Independent Age**  
[independentage.org](https://independentage.org)

Free and impartial advice on the issues that matter to older people.

## Pharmaceutical



**Association of the British  
Pharmaceutical Industry**  
[abpi.org.uk](https://abpi.org.uk)

News on the latest innovations from member organisations producing prescription medicines in the UK.



**Astellas**  
[astellas.com/en](https://astellas.com/en)

Astellas is a pharmaceutical company committed to turning innovative science into value for patients.



**AstraZeneca UK**  
[astrazeneca.co.uk](https://astrazeneca.co.uk)

Transforming the future of healthcare by unlocking the power of what science can do – for people, society and the planet.



**MSD UK**  
[msd-uk.com](https://msd-uk.com)

Developing important medicines and vaccines, and at the forefront of research to deliver innovative health solutions.



**Pfizer**  
[pfizer.co.uk](https://pfizer.co.uk)

Committed to innovative science, equitable access, patient-centric breakthroughs, and trusted partnership in healthcare.



## Pregnancy, new parents and babies



**Bliss**  
[bliss.org.uk](https://bliss.org.uk)

The national charity for babies born premature or sick.



**The Congenital  
Diaphragmatic Hernia  
Support Charity  
(CDH UK)**  
[cdhuk.org.uk](https://cdhuk.org.uk)

CDH UK provides support and help to families affected by the medical condition Congenital Diaphragmatic Hernia (CDH).



**Ectopic Pregnancy Trust**  
[ectopic.org.uk](https://ectopic.org.uk)

The Ectopic Pregnancy Trust provides dedicated information and support on ectopic pregnancy.



**National Childbirth Trust**  
[nct.org.uk](https://nct.org.uk)

The charity that supports people as they become parents.



**Ovum**  
[startwithovum.com](https://startwithovum.com)

From preconception to pregnancy, OVUM is setting a new standard in reproductive wellness backed by science.



**Tommy's**  
[tommys.org](https://tommys.org)

Providing expert-led information about pregnancy and baby loss and funding research to save babies' lives.

## Rare disease



**Myrovlytis Trust**  
[myrovlytistrust.org](https://myrovlytistrust.org)

Driving research, providing support and improving outcomes for patients and their families affected by rare conditions.



**Tuberous Sclerosis  
Association**  
[tuberous-sclerosis.org](https://tuberous-sclerosis.org)

The TSA is the UK charity for support, research and advocacy into the rare condition Tuberous Sclerosis Complex (TSC).

## Self care and self-management



**Expert Self Care**  
[expertselfcare.com](https://expertselfcare.com)

Free self-help and signposting apps to improve health knowledge, promote self-care and reduce pressure on services.

**healthwords.ai**

**Healthwords**  
[healthwords.ai](https://healthwords.ai)

UK-based AI consumer health and technology company dedicated to self-care solutions.



**Self-Care Forum**  
[selfcareforum.org](https://selfcareforum.org)

We are a charity with the aim to embed self-care in people's everyday life and organisers of National Self-Care Week.

## Sexual health



**Be In The KNOW**  
[beintheknow.org](https://beintheknow.org)

Be in the KNOW increases knowledge on sexual health and HIV so people can make informed choices and live healthily.



**Terrence Higgins Trust**  
[tht.org.uk](https://tht.org.uk)

The UK's leading HIV and sexual health charity, supporting people living with HIV and improving sexual health.

## Surgery and anaesthetics



**British Society for Surgery of the Hand**  
[bssh.ac.uk](https://bssh.ac.uk)

Information on hand disorders, hand injuries and hand surgery for patients and healthcare professionals.



**EIDO Healthcare**  
[eidohealthcare.com](https://eidohealthcare.com)

Comprehensive medico-legal compliant content and digital consent solutions supporting informed shared decision-making.



**Royal College of Anaesthetists (RCOA)**  
[rcoa.ac.uk](https://rcoa.ac.uk)

Information for adults and children on anaesthesia, preparing for surgery and risks associated with anaesthetics.

## Women's health



**Breast Cancer Now**  
[breastcancernow.org](https://breastcancernow.org)

Information for anyone affected by breast cancer, including Moving Forward courses, support groups and a helpline.



**Breast Cancer UK**  
[breastcanceruk.org.uk](https://breastcanceruk.org.uk)

Practical advice to help everybody reduce their risk of breast cancer.



**CoppaFeel!**  
[coppafeel.org](https://coppafeel.org)

The only breast cancer charity educating young people on the importance of checking your chest.



**Eve Appeal**  
[eveappeal.org.uk](https://eveappeal.org.uk)

Funding research and raising awareness for the prevention and earlier diagnosis of the five gynaecological cancers.



**The Menopause Charity**  
[themenopausecharity.org](https://themenopausecharity.org)

Trusted information so that everyone can understand menopause and has equal access to treatment and support.



**Ovacome**  
[ovacome.org.uk](https://ovacome.org.uk)

Ovacome offers patient information booklets on ovarian cancer symptoms, diagnosis and treatment.

## PIF TICK certified agencies



**Aurora Healthcare  
Communications**  
[auroracomms.com](http://auroracomms.com)

Delivering impact for clients through our unique blend of strategy-first thinking and creative innovation.



**AMPM Training**  
[ampmtraining.com](http://ampmtraining.com)

Aiming to improve healthcare communication via digital, easy-to-read, graphic patient information leaflets.



**Bedgebury  
Communications**  
[bedgeburycomms.com](http://bedgeburycomms.com)

Proud to have been supporting clients in the pharmaceutical, biotech and medical devices sectors since 2005.



**Cuttsy+Cuttsy**  
[cuttsyandcuttsy.com](http://cuttsyandcuttsy.com)

A communications agency utilising health literacy to break down barriers limiting access to healthcare information.



**FCB Health**  
[fcbhealthurope.com](http://fcbhealthurope.com)

Creative agency specialising in behavioural insight to develop healthcare professional and patient comms. Part of IPG Health.



**Medico Digital**  
[medicodigital.co.uk](http://medicodigital.co.uk)

Helping people access reliable information online, enabling them to make informed decisions for a healthier life.



**MEDiSTRAVA**  
[medistrava.com](http://medistrava.com)

Experts in authentically engaging with patients to create reliable, effective and actionable health information.



**One Vision Health**  
[onevisionhealth.co.uk](http://onevisionhealth.co.uk)

One Vision Health is a specialist video marketing agency with over 15 years' experience in humanising healthcare.



**Trilogy Writing  
and Consulting**  
[trilogywriting.com](http://trilogywriting.com)

Specialists in creating regulatory documentation and scientific communications.



**Wallace Health**  
[wallacehealth.co.uk](http://wallacehealth.co.uk)

Digital-first healthcare communications agency focused on content marketing for health and pharmaceutical brands.

# About PIF

The PIF TICK is run by the Patient Information Forum (PIF).

PIF is the independent UK membership body for people working in health information and support.

For more than 25 years, PIF has supported our cross-sector membership to raise standards in health information.

PIF is a charitable incorporated organisation, registered with the Charity Commission, charity number 1203984.

## Our purpose

The Patient Information Forum (PIF) is the independent voice of quality health information. We campaign for health information access for all. We work to fight misinformation through the PIF TICK certification scheme.

PIF promotes access to trusted, evidence-based health information for patients, the public and healthcare professionals. We set quality standards via the PIF TICK and advocate for a public right to inclusive and accessible health information. PIF urges NHS organisations to integrate health information on care pathways.

Access to the right information at the right time empowers people. It supports shared decision-making and self-management and improves health outcomes.

## Our Partners



Published by the Patient Information Forum  
483 Green Lanes, London, N13 4BS

[pifonline.org.uk](http://pifonline.org.uk) / [piftick.org.uk](http://piftick.org.uk)

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Published February 2025  
Next update: August 2025

## Do you have feedback on this resource?

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